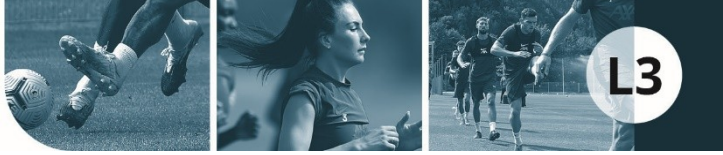

BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	Unit 36: Functional Sports Massage
Learning aim	Learning Aim A: Explore the importance of the sports massage profession for sports performers
Assignment title	Why you need a sports massage!
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	The gym you work in offer a range of other services for the fitness industry. When you qualify as a personal trainer you want to be able to offer athletes a full support package which should also enhance your earnings. You have received sports massages and enjoy these sessions. You want to investigate what is involved in the practitioner's role and what benefits sports massage can bring to your industry. To do this fully you work with a Sports massage practitioner in your fitness facility to shadow the massage professionals. Following this experience, you are going to summarise your findings.

Task 1	The manager of the leisure centre would like you to produce an extended essay that can be shared with the management team. This essay should focus on discussing industry standard practices, professional associations and the role of the sports massage practitioner. The essay should include; • An **explanation** of the sports massage standards of practice, including industry and professional association standards, in a variety of sporting environments such as clinical, non-clinical, events and sports clubs. This should include such topics as; health and safety, insurance, safeguarding, the physical environment, equipment, emergency protocols and the therapists conduct. • To help the management committee understand the standards and the implications for them, **explain** the strengths, weaknesses and significance of the standards, and make

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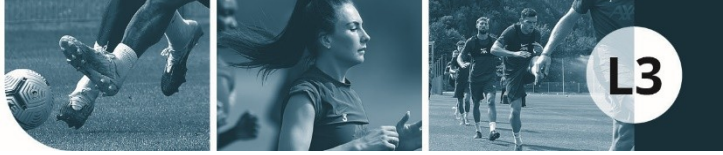
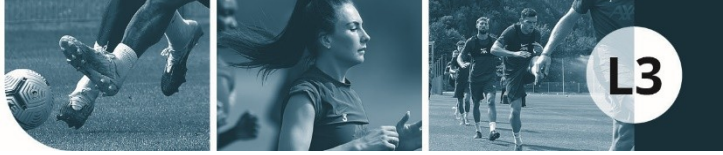


	judgements on their effectiveness in the industry. • An **explanation** of the role of a range of professional associations and the benefits of being a member to each one. You should **discuss** specific organisations and evaluate how they maintain professional standards and professionally update their members (CPD). • An **explanation** of the role of the sports massage practitioner and examples of how they would operate within your facility. You should **discuss** their impact on their clients; pre-, inter- and post-event. • An **explanation** of the role of a sports massage practitioner as part of a multidisciplinary team, **discussing** the relationship with other professionals who work as part of the team e.g. physiotherapist, doctor, sports psychologist, sports scientist, coach. **Evaluate** the role by drawing conclusions on the benefits of the sports massage practitioner working in a multidisciplinary team. • An **evaluation** of the benefits to the sports massage practitioner of working in a multidisciplinary team and give examples of how this would work in your facility. How easy is it for them to connect with professionals outside of your facility? • A **discussion** regarding the physical and therapeutic benefits of sports massage. Consider the physiological and mechanical responses and **evaluate** the advantages and disadvantages of each response and their significance to athletes you may work with. • A **discussion** surrounding the psychological benefits of sports massage. Draw on your own experience of receiving massages to **evaluate** the positive psychological affects you had from receiving the massage. • An **evaluation** of the relationship between a client receiving a massage and the benefits of the psychological response(s) for their performance levels.

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
A.P1	Explain the role of a sports massage practitioner, and the relevant standards of practice.
A.P2	Explain the physiological and mechanical responses to sports massage.
A.P3	Explain the psychological responses to sports massage.
A.M1	Discuss sports massage standards of practice and professional associations, using specific examples.
A.M2	Discuss the physiological, mechanical and psychological responses



	to each sports massage, with regard to the requirements of the sports performers
A.D1	Evaluate the importance of sports massage and the industry standards in a variety of sporting environments, and the benefits of working in a multidisciplinary team
Checklist of evidence required	An extended essay with references to external sources
Other assessment materials attached to this brief	